"An Evaluation of Knute Lang Camp: A residential preventative and educational alcohol and drug abuse project for native youth piloted in Aklavik, NWT"

September 1987

The Research Team
Beaufort Delta Social Impact Baseline Data Study
Department of Social Services
Government of the Northwest Territories

Funded under the Northern Oil and Gas Action Program

CONTENTS

Background..... 1

Project Philosophy..... 3

Physical Facilities..... 4

The Daily Routine.....11

Program Evaluation.....16

Conclusions and Summary of Major Recommendations.....24

Appendices:

A: Notice to Social Workers.....25
B: Recommended Referral Form.....36

BACKGROUND

During 1986, the NOGAP Alcohol Working Group prepared a brief "options paper" which reviewed alcohol and drug abuse statistics contained in the Baseline Data Study and outlined alcohol and drug prevention and treatment services required, but currently unavailable, in the Beaufort Delta area.

As a result of this background report and NOGAP funding, several new service delivery models have been tested. This evaluation reviews the Knute Lang Camp Pilot Project, a residential educational and preventative addictions program specifically designed for young native people.

Members of the Aklavik Alcohol Action Committee, the Aklavik Indian Band and the NOGAP Steering Committee are of the opinion that many young native residents of the Beaufort Delta area are involved in the use and abuse of alcohol, drugs and chemicals. Many factors contribute to this problem...unemployment, loss of traditional cultures and value systems, youth dropping out of the educational system, family break-ups and violence, often due to alcohol abuse, and so on. Many of these youth subsequently become involved in criminal activities to support their habits, often ending up entangled in the justice system. Depending on their age and previous record, the usual response is to place these youth on probation orders, in foster homes, or in open or closed custody under the Young Offenders Act.

This approach to helping young native persons with addictions, as well as other personal problems, has not been successful in arresting the abuse of substances among Delta residents. Gas sniffing is not an offense under the law and the RCMP are not authorized to charge people who abuse these chemicals. There is really no organized attempt to deal with this problem by preventing it from occurring in the Delta. Alcohol consumption is increasing and little can be done to physically reverse the harm caused by glue or gas sniffing. For this reason increasing emphasis should be placed on preventative and educational programs for young indigenous people in the north to affect a change in the trend towards increased dependency.

In contrast to the usual methods of dealing with native youth presenting such problems, placement in a residential wilderness camp program offers several benefits such as:

(a) a chemical free environment;
(b) an opportunity to learn traditional skills;

BACKGROUND (Continued)

(c) exposure to physical work as a necessity to survival; and
(d) a chance to experience the sharing of responsibility involved in camp life.

This pilot project was a co-operative effort of the Aklavik Alcohol Action Committee (which designed and administered the program), the Aklavik Indian Band (which owns Knute Lang Camp) and the NOGAP Office, Social Services, GNWT (which provided the funding).

In completing this evaluation the NOGAP Research Team utilized monthly progress and financial reports submitted by the Aklavik Alcohol Action Committee, toured the camp while it was in operation in August 1987, and met with staff and members of the Aklavik Alcohol Action Committee, the Band Council, and other concerned citizens of Aklavik, as well as two clients, during a formal meeting to review the success of the pilot project held at the Aklavik Friendship Center on September 11th, 1987.

Members of the Social Services Department's staff, including the Social Workers of Aklavik, the Inuvik Area Office Supervisor, the Northern Communities Supervisor for the Inuvik Region, the Inuvik Young Offenders Advisor and the Inuvik Regional Superintendent of Social Services have also participated in this evaluation.

.../3

PROJECT PHILOSOPHY AND OBJECTIVES

The Knute Lang Camp Pilot Project was designed and administered by the Aklavik Alcohol Action Committee, a non-profit society composed mainly of Inuit, Dene and Metis residents of Aklavik.

The Project's basic operating philosophy and objectives were:

(1) to prevent young indigenous people deemed to be "at risk" from abusing alcohol and drugs by removing them from situations where such substances were available and by educating them about the dangers of addictive substances;

(2) to provide the community's elders with the opportunity to teach such young people about their native cultures and specific "on-the-land" skills;

(3) to develop an appreciation for such knowledge in the young indigenous population, and to build their self awareness, self confidence and self esteem;

(4) to maintain the educational progress of young indigenous people deemed to be "at risk" due to the abuse of addictive substances; and

(5) to develop the social and life skills of such young people.

The goal of this evaluation is to assess:

(a) the degree to which the pilot project's basic objectives were met in the opinion of clients, staff, the community and other interested parties; and

(b) to determine what program and facility upgrading is required in order to make this camp a viable permanent facility serving the youth of the Delta area.

.../4

PHYSICAL FACILITIES

As far as setting goes, the Knute Lang Camp is an ideal place for a residential educational and preventative alcohol and drug program for young native people because: (1) it is located within thirty-five miles of Aklavik (by river); (2) the physical facilities available at the camp are traditional log cabins which adds to the program content's emphasis on building respect for and an appreciation of the traditional native way of living on the land; and (3) the camp is located in an area where excellent fishing is available both in the river system and in adjacent lakes and its proximity to the Richardson Mountain Range gives access to caribou and other big game.

It is desirable that this project be based in Aklavik as opposed to any other Delta locality because Aklavik's population is composed of Metis, Inuvialuit and Dene people. To a certain extent this mitigates the problem of having northern (ie. Inuit) youth travel too far south or southern (ie. Dene and Metis) youth travel too far north. Aklavik is also centrally located in the Delta and is connected to most other communities by air.

Several camp clients commented that the experience of living with and learning from the elders and youth of native cultures and communities other than their own was a valuable opportunity to learn new ways of doing particular tasks or dealing with problems, skills that in one young man's opinion, "stay with you all your life".

The camp, which was a trading post until the sixties, is made up of log cabins which are structurally sound and in a reasonably good state of repair although some improvements are recommended should this project continue:

(a) Main Cabin (36 ft. X 14 ft.)

This cabin contains two bedroom areas and a kitchen area and has two stoves used for heating, plus one cook stove. It is in excellent shape except the tin and sod roof could be sealed to prevent dust accumulating and a chemical toilet installed. It contains seven beds at present.

(b) Staff Cabin (26 ft. X 22 ft.)

This cabin has five beds, a heating stove and is in excellent shape. It needs a chemical toilet.

.../5

PHYSICAL FACILITIES (Continued)

(c) Small Cabin (18 X 18 ft.)

This cabin is structurally sound but needs new sod on its tin roof, a new stove, and a chemical toilet.

(d) Recreation Cabin (24 X 20 ft.)

This cabin is structurally sound but needs glass in one window (has plastic now). It has a good heating stove, one bed, and one couch which sleeps two. It could also do with a chemical toilet and some chairs as it can hold thirty people. It contains a pool/ping pong table and two chesterfields.

(e) Storage Cabin (on stilts)

This storage building is not adequate for winter accommodation because it's floor is uninsulated and it needs a stove. It has five beds which are used in summer and requires a new front door.

(f) Storage Cabin

This storage space has a large traditional icehouse cut into the permafrost under its floor. The sod roof could be replaced.

(g) Generator Building

New 200 watt generator. Building needs to be levelled.

Water is carried by hand from a nearby river and, although there is plenty of two inch pipe available for use as a water hook up, the camp lacks a gasoline run water pump.

There is a general lack of kitchen equipment such as cooking pots and cutlery. The camp has made due with items on loan from local families but this cannot continue indefinately.

The new generator gave out after less than two hundred hours of service but it is under warranty and will be repaired or replaced. A back-up generator would be desirable.

Visual aids such as flip charts and video equipment would be useful tools should the camp become operational on a year round basis. This would permit staff to show educational videos.

.../6

The main log cabin (above) and (below, left to right) the recreation cabin, the storage cabin (on stilts) and the second storage cabin.

PHYSICAL FACILITIES (Continued)

Other capital equipment is required if the camp is to operate and which was borrowed or rented for this pilot project including the following:

(a) a two way radio;
(b) 7 fire extinguishers;
(c) a scow and kicker (passenger boat and motor);
(d) 2 gasoline powered chain saws;
(e) 3 canoes, 15 life jackets;
(f) 3 skidoos and sleds;
(g) 15 arctic sleeping bags;
(h) 400 traps;
(i) 5 guns and ammunition;
(j) axes, ice agurs, and a few other hand tools;
(k) various fishing nets and;
(l) 2 long boats and 3 motors.

These items are not "extras". In an arctic wilderness camp a radio is a lifeline to help in case of emergency or fire. The only economical method of transportation to and from the camp is skidoo in winter or boat in summer, although air charters are available through local companies. Skidoos are required in winter to bring wood to the camp and chainsaws are also a necessity for survival. The traps, guns and ammunition are required if the project's educational goals are to be realized.

This camp is inaccessible for approximately two months of the year, during break up and freeze up, but the AAAC would like to see it in operation forty-eight weeks of the year.

Recommendations regarding the camp's physical facilities:

(1) stoves should be inspected regularly and chimneys cleaned or replaced, unsafe or inadequate stoves should be replaced, fire extinguishers should be installed, and a fire escape plan for the camp should be planned and rehearsed in cooperation with the Health and Safety Inspector, GNWT;

(2) a long term plan to upgrade the camp's other physical facilities should be devised and care be given to protect the rugged atmosphere which makes the camp a uniquely appropriate facility for indigenous youth;

(3) adequate funding is required to provide essential capital equipment and maintain this equipment if the existing learning opportunities are to be tapped. Government

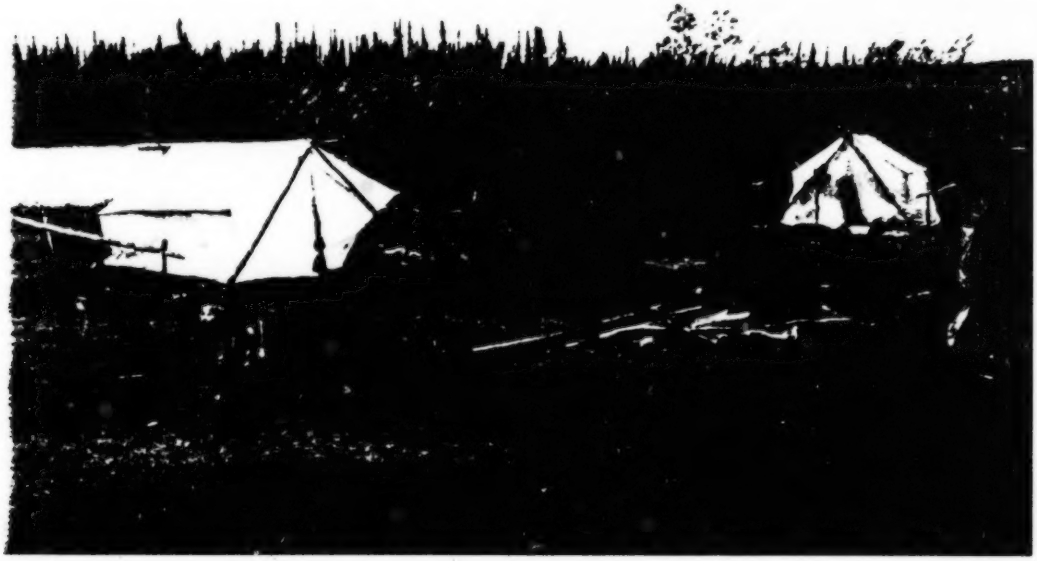
.../8

PHYSICAL FACILITIES (Continued)

(3) funding sources such as NNADAP and ADCC should designate this camp a "special project" and assist with capital funding on an ongoing basis as the maintenance and replacement of equipment is a critical prerequisite to the successful development of this facility;

(4) a first aid kit should be located in each cabin; and

(5) a protocol for transporting, inspecting, using and storing firearms and ammunition should be devised as per the guidelines required by the Young Offenders Act and strictly enforced including the provision of a secure storage area at the camp.



.../9

George Long, Coordinator of the Aklavik Alcohol Action Program and Alcohol and Drug Counsellor, and Alex Elanik, Hunter and Trapper, and Abraham Stewart, volunteer, cut wood for the first week of camp. The equipment you see was borrowed for the occasion.

The staff and volunteers from Aklavik including Agnes Tardiff, Alcohol and Drug Counsellor (seen at left), and Alex Elanik, Hunter and Trapper (below), put in a lot of hours preparing the camp site late last spring.

THE DAILY ROUTINE

The Knute Lang Camp program had two components, the teaching of traditional "on the land" skills and the provision of education and counselling in the area of alcohol, drugs and substance abuse. Because of this dual mandate, a highly skilled and specialized team of staff was required, with each individual or group contributing a certain expertise, be it professional or cultural, to help overcome the problems of the young clients.

Expertise in the area of native cultures and traditional skills was provided by community Elders who volunteered and received an honorarium for their services, by two Camp Couples who worked in rotation on a salaried basis being responsible for the daily routines of the camp's operation, and by two experienced Hunter and Trappers who were also employed on a rotational basis to supervise the teaching of "on the land" skills.

The Camp Couple was responsible for the implementation of scheduled programs; purchasing and preparing food; the maintenance of clothing and linens and for cleanliness standards; and for assisting with education in the area of alcohol abuse.

The Hunter and Trapper was responsible for teaching hunting and fishing skills; boat handling and water safety; the maintenance of equipment such as small motors, nets, tools, and the ice house; and for instilling respect for the land in the young clients.

Elders were invited to participate in the project on a voluntary basis, but soon their contribution to the youths' learning experience was thoroughly integrated into the daily routine. The decision to provide these volunteers with an honorarium was made in recognition of their contribution to the overwhelming success of the project in transferring traditional skills to the young clients. The elders of Aklavik spent quite a lot of their short arctic summer patiently teaching the youth how to prepare dried meat, and smoked fish, snaring rabbits, dressing small game, etc. and by setting an example through their own cultural values.

With the assistance of the Camp Couple, the Hunter and Trapper and the Elders, the youth spent most of their time preparing fish, gathering wood, hauling water, and working at

.../12

THE DAILY ROUTINE (Continued)

restoring the campsite. The area was cleared of grass and willows allowing the youth to set up a volleyball net and soccer playing area. The old traditional underground icehouse was cleaned out and expanded, steps were cut in the river band to allow easier access to the water, and the smokehouse was repaired. The youth also assisted staff in preparing one cabin as a staff house by putting up walls, installing a stove, etc. Fishing nets were maintained and tended, and instruction given on the preparation of fish. For example, a pit was dug for preparing "pit fish". Youth were involved in repairing two outboard motors and a chainsaw and a winter portage was cut to the river.

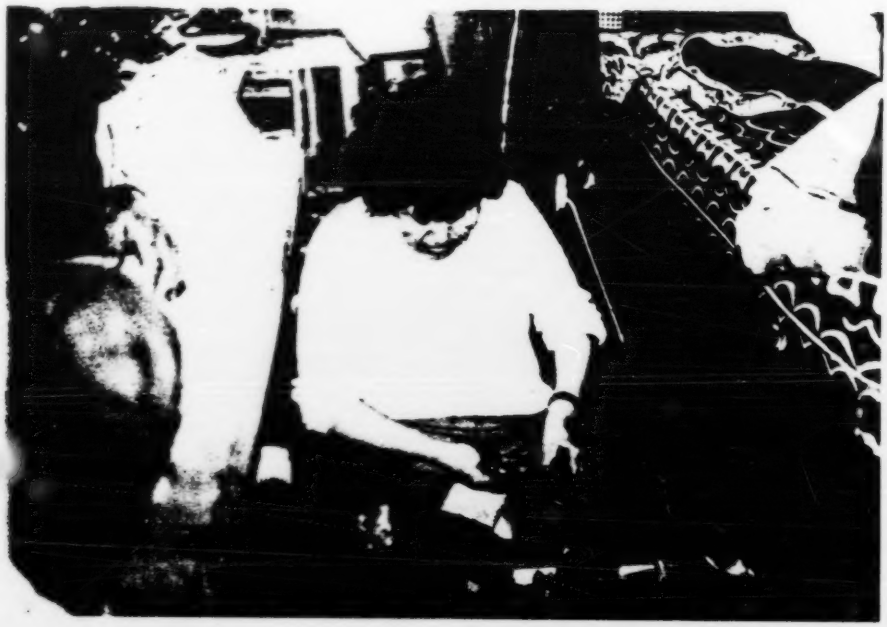
Project administration and expertise in providing education and counselling in the area of addictions was provided by the staff of the Aklavik Alcohol Action Committee (AAAC) who held daily group meetings involving all camp personnel to inform, educate and provide the youth with alternatives to arrest their use and abuse of chemicals. These group meetings were often held in the evenings (which is not really "evening" if you think in terms of an arctic summer!), and, on occassion, video's were shown to highlight a message. Elders were also involved in providing counselling and one-on-one counselling as well as peer counselling was available in this setting.

The overt reliance on a team approach to program delivery during this pilot project must be stressed. It was recognized that the camp's program would require a staff committed to the sharing of expertise so that the mixture of counselling and education provided would be effective and appropriate to individual clients' needs.

Since this was a pilot project, many of the program activities evolved as the project got underway. There were, however, a number of concrete initiatives effectively pursued. Members of the local RCMP Detachment and the GNWT Wildlife Officer were often integrated into the program schedule and a St. John's Ambulance instructor provided a certificate program in first aid to eight members of the AAAC staff (five from camp, three others) and to eleven youth.

The AAAC staff promptly and efficiently prepared financial and substantive progress reports for the Department of Social Services and abided by the terms of the contribution agreement.

.../13



Lorraine Elanik, half of Camp Couple, gives muskrat skinning lessons. Apparently there is more than one way to skin a rat!

THE DAILY ROUTINE (Continued)

Now that the program content has been reviewed, we shall evaluate the effect of this pilot project on the clients, the community and Delta area as a whole and suggest improvements which might be implemented should further funding be sought.

Desmond Benoit, Annie Benoit, Camp Elder, Dwayne Benoit and Gary Edwards (left to right).

.../15

PROGRAM EVALUATION

The Knute Lang Camp Pilot Project has been very favorably received by those involved in this evaluation for many reasons including its uniqueness as the only residential preventative and educational addictions program available for native youth in the N.W.T.

Not only was it the only such residential program, it was staffed almost entirely by native people and involved using elders to re-introduce kids to their traditional lifestyles and cultures. These factors affirmed this multicultural community's "ownership" of and support for the camp's program and goals and strengthened the staff's resolve and motivation to make the extra effort to achieve all the goals established while faced with the reality of the camp's short lifespan as a pilot project.

The camp was also of economic benefit to Aklavik as its approximately $30,000 in start-up and operating costs had a substantial multiplier effect. Various spin-off economic benefits such as an increase in business for the local the airlines, employment for the elders who are among the poorest members of the community and largely excluded from wage labour employment, and the reduction of costs related to crime and public justice, were felt.

The Aklavik Social Workers reported that the number of cases of youth involved in the court system in September was three, as opposed to the usual nine. This is a substantial decrease and it would be interesting to examine the long term impact such a facility might have on the youth justice system in the Delta area.

The camp was also valuable exercise in community committment, co-operation, and self-reliance. The Aklavik Alcohol Action Committee, RCMP, the Department of Social Services, the St. John Ambulance, the elders, the Aklavik Indian Band, Department of Renewable Resources, the Metis Association, and the Hunters and Trappers Association all deserve credit for the camp's success.

.../16

PROGRAM AND RECOMMENDATIONS (Continued)

The camp cost $530.00 per day to operate, or $63.00 per client per day (based on actual clients). These costs include transportation, food and shelter for all residents and staff involved. It must be pointed out that the start-up costs involved in piloting this project were in excess of $6,000. and therefore, the camp would become more cost effective were it in year round operation.

Those interviewed pointed out that the program could involve a resource harvesting component which would subsidize some of the ongoing capital costs of such a facility, capital costs which existing funding sources, such as NNADAP, do not look favorable on. The camp area could yield an extra fifty cords of lumber per year which might easily be sold for cash in Aklavik. Pelts harvested could also provide a source of cash, but a less reliable income due to annual price fluctuations. A commercial fishing operation would also be given serious consideration in the long term.

The camp's largest problem was maintaining a constant flow of referrals given its short life span, the relative absence of advertising and public relations prior to its opening concerns regarding its quality as it was not yet proven to be reliable, and that all referrals were voluntary.

The project's target group was initially young male residents of Aklavik, Fort McPherson, Tuktoyaktuk or Inuvik between the ages of 15 and 17 years, who were not more than first offenders, if involved in the legal system, who agreed to participate in the camp and who had a genuine desire to learn traditional skills.

Only social workers in Fort McPherson, Aklavik, Inuvik and Tuktoyaktuk were made aware of the pilot project and provided with the briefing package attached as Appendix "A". This included a release form to be signed by the youth's parent or guardian.

It was anticipated that the camp would accommodate six youth at a time and run until September 20th. However, no allowance was made to provide formal education at the camp so it closed a week early due to lack of referrals. School begins early in July in Tuktoyaktuk to accommodate the populations hunting season and this fact was not given adequate consideration.

.../17

PROGRAM AND RECOMMENDATIONS (Continued)

Education would, of course, be a prerequisite to successfully operating the camp year round and discussions should take place between the AAAC and the Department of Education.

The client group was soon expanded to include youth of either sex between the ages of twelve and eighteen, requiring some program modifications and temporary disruptions to the developing routines.

Most referrals came from Inuvik and Aklavik, perhaps due to the lack of publicity, and an average of eight youth attended the camp per day during its fifty-one days of operation (July 26th to September 14th, 1987). A total of fifty-five youth participated in the camp, one third of which were female, and the average length of stay was eight days.

Staff interviews revealed the need for more information on clients entering the camp and the need for specialized cross training in the treatment, addictions, on the land skills, languages, and program management. It was felt that because elders were initially volunteers their participation was often ad hoc and not utilized to its potential because staff felt they were "taking advantage of the elders" and therefore were not comfortable about requesting assistance with some tasks. The elders, in turn, felt like they were being excluded and that they were not really a central part of the program. This matter was more or less resolved late in the project when it was decided that elders would receive an honorarium. It was also suggested that a seasonal outdoor recreation program be developed drawing on local experts. The camp's location would be ideal for cross country skiing or snowshoeing and multiuse trails could be developed. Some Aklavik residents could also provide instruction in snowshoe making.

.../18

I want to stay because I like it out here. So my mom don't ha to drink and it is lots of fun. Because we always always do work and I like it. That's wh I like it out here.

The next few pages tell how the clients felt about the Knute Lang Camp pilot project. All smiles from (left to right) Daniel Edwards, Danny-Boy Gordon, Chris Greenland, Sheldon Bernard, James Selamio, Jackie Lovie and Carmen Long.

CHORES

	Breakfast	Lunch	Supper	House
Aug 25	Jackie Mary	John Boy Beatrice	Derrik Joyce	Jim Lourie
Aug 26	Jim Lourie	Jackie Mary	John Boy Beatrice	Derrik Joyce
Aug 27	Derrik Joyce	Jim Lourie	Jackie Mary	John Boy Beatrice
Aug 28	John Boy Beatrice	Derrik Joyce	Jim Lourie	Jackie Mary

From left to right: Daniel Edwards, Delbert Allen, Gladys Edwards (half of Camp Couple), and Danny-Boy Gordon posing for the camera.

At Summer Camp

On July 26th I came to Knute Lang's camp. At first I thought it was boring but it wasn't.

I thought I wasn't going to learn anything but I was wrong, I learned how to cut fish, and make Dryfish.

But I mostly cut grass now that's what I didn't like, I got pissed off!

I even learned how to skin a bear, "now I like that!" I even ate a bear.

But I sure wish to go up in the mountains. I wish to see Caribou

I even know what's moose tracks.

once me and Danny Gordon swam across a river. I was tired out. "Whew!"

We even have pool tournments. "but I sure wish to win"

I never even got homesick for the first time.

Chris G.

At summer camp Part II

Once I learned how to make bannock I'll tell you how to make it first add 4 cups of flour, 1 teas P. of salt, 4 teasp. of bakin soda, 4 tbs. Lard. 2 eggs and just enough water to make stick together.

I went berry picking with our group I always eat first before I start picking berries. "mmmmmmm!"

I wanit to have school here because I'm to bad in Aklavik. As I wish to stay here. I really miss my dad. Sometimes I wish he was at home.

The End

When I went to Knut Langs II

When we landed on shore we looked allover the camp. I went to look where we were going to stay. When we looked, we chosed whose going to have the beds. We fixed our beds and went to go the net. I went to go play pool after we checked net. We had dinner and rested our stomach. We went to bed.

After so many days of hard work we swimmed at the folks of the rivers. After that we went ~~home~~ to camp and dressed up. We played pool and tournaments. We play tournaments some nights and have dinner after the pool tournaments sometime I lose a tournament I lost one tournament out of five.

In the morning I was making barock awhile Chris, Jackie, Hildon, and Danny Boy were making dry-fish. After that I went to go out to make dry-fish. We quit because we ran out. We had lunch and did dishes after we ate. We cut grass after went ate. We had dinner and went to sleep.

In the morning, Alexis shot a bear down the bank, we cared the bear

When I went to Knut Langs part II

up the bank and skinned it. We watched them for a while and we put all the grass around the bank. After we skinned the bear we went duck hunting. Me and Danny Boy went fishing twice. We picked berries back around the lakes. I played pool. The police came up here to show firearm safety and first aiders. All the people went back to town. We went to pick berries after those people went back to town. I went to the camp and changed my clothes.

In the morning, We checked the net and Jackie stayed home and made bannock. We played pool. After that we cut wood and cleaned up the pool room. We had to go in and write our report.

Yours Signature

David J. Edmunds

CONCLUSIONS AND MAJOR RECOMMENDATIONS

The benefits of this pilot project heavily outweigh the costs involved. Should the AAAC decide to pursue year round operation of this much needed residential, preventative, and educational addictions program, we recommend they consider the following major recommendations:

(1) upgrading the camp's physical facilities as outlined to meet minimum health and safety standards;

(2) acquiring designation as a NNADAP special project, developing a capital development plan and securing committment for the level of ongoing capital funding required as outlined;

(3) establishing a sufficiently broad target client group and referral criteria to guarantee sufficient clients at all times;

(4) establishing an intake form and procedures manual, and an intake committee to ensure it is followed (a suggested intake form is attached as Appendix "B");

(5) establishing a policies and procedures manual for financial control, and providing staff training to meet these operating standards;

(6) establishing protocols for dealing with firearms, emergency situations, and camp fire safety;

(7) establishing an educational component for the program in co-operation with the Education Department;

(8) investigating harvesting cash crops such as pelts, fish and wood to make the project a more economical proposition;

(9) developing a staff training plan with long term goals and including training for elders;

(10) integrating as many local resource people as possible into the program;

(11) making a major effort to publicize the program's content, availability and goals; and

(12) making an equal effort to systematically explore all possible funding sources.

.../25

APPENDIX "A"

Northwest Territories Inuvik Region

Regional Office
Social Services

14 July 1987

To: Young Offenders' Advisor
All Social Workers
Inuvik Region North

RE: KNUTE LANG CAMP ALCOHOL AWARENESS PROGRAM

Please be advised that the Department is sponsoring the Aklavik Alcohol Society's Knute Lang Camp Alcohol Awareness Program. A detailed description of the program is enclosed. This program will begin on July 27th and continue until September 20th, 1987 (or later depending on interest).

You may refer young men between the age of 15 and 17 who have problems relating to the abuse of alcohol, drugs and other substances to this facility for treatment, counselling and rehabilitation.

These clients must not be more than first offenders if involved in the justice system, they must agree to participate in the camp and must have a genuine desire to learn traditional skills.

Referrals can only be made with the formal consent of client's parents or legal guardian and a consent form is also enclosed for your use.

Should you have any questions regarding this matter, please call me or George Long, Coordinator of the camp, on 978-2420.

Sincerely,

Winnie Gruben
A/Regional Superintendent

cc. Jennette Frost
NOGAP Project Manager

George Long
Coordinator, Aklavik Alcohol Action Committee

AKLAVIK ALCOHOL ACTION COMMITTEE

BOX 58, AKLAVIK, N.W.T. X0E 0A0

The Board of the Aklavik Alcohol Action Committee, a non-profit society, administer back-to-the-land type programs as a part of their alcohol and drug prevention program. Although every precaution will be taken to ensure the health and safety of youth involved, in these programs we are unable to assume any further liability. Therefore, we require that you sign the following consent form whereby you assume full responsibility and liability for the health and safety of your child during the time he/she is involved in this program.

I_____ the parent or legal guardian, of

_____ do hereby consent to have_____

_____ take part in the following program.

Program Description _____

Dates of Program _____

I understand that I assume liability for my child while they are involved in this program.

Signed _____
Parent/Guardian

_____
Youth

_____
AAAC

AKLAVIK ALCOHOL ACTION COMMITTEE
BOX 58, AKLAVIK, N.W.T. X0E 0A0

NOGAP Pilot Project
for
Youth Alcohol and Drug Prevention/Awareness Program
at the
Knute Lang Camp

1. General

One of the major objectives of this camp is to teach traditional life skills. Given that, plus the lack of use of this camp in recent years and the fact that it is a bush camp, many of the program activities that will take place are predetermined. That is, building maintenance, yard cleanups, woodcutting, fishing, hunting, and so on are a necessary part of the programming.

The second primary objective of this camp is the provision of education and counselling in the area of chemical abuse. This part of the programming will utilize staff from the alcohol program in Aklavik (and other communities if possible), elders, and all staff working at the camp.

The overall program will be structured through the use of daily routines and schedules which will ensure that the youth spend the majority of their time involved in organized and supervised activities.

2. Referral

The referring agency is responsible for ensuring that the youth arrives at camp with the following:

(1) Appropriate and sufficient clothing and footwear
(2) A medical card
(3) A release form (for liability)
(4) If applicable, a two month supply of drugs and the directions for the proper use of these drugs.

3. Philosophy of the Camp

The Knute Lang camp will be operated as a traditional bush camp staffed mainly by native people who are experienced with this way of live. Elders will be an integral part of the camp to assist in teaching traditional culture and value systems and the demonstrate skills such as the preparation of dry fish. The basic philosophy of the camp is founded on the belief that hard work builds character and that taking part in the sharing of responsibility necessary for survival in this type of setting can change some of the attitudes these youths have towards themselves, others, and the world in general.

A further benefit of this setting is the fact that it is located thirty-five miles from the nearest community. This allows for more freedom in programming because of the reduced need for continous control and supervision of the youth. It also makes it more possible to maintain a chemical free environment.

Although the basic philosophy discussed above is the cornerstone of this program, this camp will also provide a recreation program-including a pool talbe-and will also be equipped with a generator to allow for the use of audio/visual equipment in providing the alcohol and drug awareness program.

4. Camp Administration

(a) Chores/work Projects

The camp couple will prepare both daily and weekly schedules for work projects and chores. These schedules will indicate the activity each youth is assigned to, and will also assign supervision for the activity.

The evening group meeting will be used to review chore/work projects for the following day.

(b) Meals

The camp couple is responsible for preparing a fourteen day menu so as to ensure the youth receive proper nutrition and to also allow for the orderly purchase of supplies.

Both staff and youth will be involved in the preparation of meals and the following cleanup.

(c) Clothing, linen, towels

The referral agency is responsible for determining that youth entering the program have sufficient and appropriate clothing, footwear, etc. for both camp life and dress wear.

The camp couple is responsible for the care and cleanliness of clothing, towels, etc.

(d) Guns & Ammunition

All guns and ammunition must be kept locked up, except when being used in a supervised activity. The camp couple is responsible for the care of the lock-up keys.

(e) Medication

All medication (prescription, patent) must be kept under lock and key. A log book will be maintained by the camp couple that indicates all drugs in the camp. the time any drug is administered and so on.

(f) Smoking

During time away from camp, smoking can only occur as directed by staff. All smoking material will, therefore, be left in camp except for that carried by staff. This is critical during dry periods in the summer so as to avoid accidentally setting bush fires.

(g) Control Policy

(1) Control of acting out youth will will be accomplished primarily by the following approach.

a. Environmental Control-By providing a warm and caring envoronment where the youth are treated with respect and are also encouraged to develop skills which will increase their feelings of self-worth.
b. Activity Control-By involving the youth in supervised activities throughout the day thereby avoiding periods of "free time" when problems often occur.
c. Recreation Control-By implementing organized recreation activities (ball games, soccer, volleyball) to further structure the youth's time.

(2) Additional control procedures

a. A merit system will be initiated at the camp whereby appropriate behavior will be recognized by the staff.
b. In the case of physical aggression by a youth, sufficient force will be used to restrain the youth. This is necessay to prevent an escalation of the incident and to prevent serious injury to either the youth or staff member involved. If such an incident does occur, a debriefing session will take place immediately that includes the camp couple, the youth, the staff member involved and the program coodinator if available. A written report will be prepared for every such incident that does occur.

(h) Group meetings

The camp couple will conduct a minimum of two group meetings everyday.

(1) The first meeting will be held immediately following breakfast to quickly review the plans for the day and to set expectations about behavior during the day. (10-20 minutes)

(2) The second meeting will be held following the evening program. This meeting is used to:

(a) Evaluate the day's activities
(b) To resolve problems or conflicts that occurred during the day.
(c) To build enthusiasm for the plans for the next day.
(d) To present alcohol and drug information.

5. Daily Routines--Mon. to Sat.

The following schedule will be used except when circumstances such as bad weather makes a change necessary.

7:30-8:00 am	Wakeup and morning routines
8:00-9:00 am	Breakfast preparation, cleanup of sleeping area
9:00-9:30 am	Breakfast
9:30-10:00 am	Group meeting
10:00-12:30 pm	Programmed activities
12:30-1:30 pm	Dinner & chores
1:30-6:30 pm	Programmed activities
6:30-7:00 pm	Supper preparation, free time
7:00-8:00 pm	Supper & chores
8:00-9:30 pm	Programmed activities, recreation
9:30-10:30 pm	Group meeting
10:30-11:00 pm	Bed preparation
11:30 pm	"Lights out"

6. Programmed Activities-To be scheduled by the camp couple.

(a) Camp Ground Cleanup-Ongoing

-cut all grass and brush in the camp area
-removal of all trees and shrubs along the river bank
-removal of all sticks and dry material exposed by the grass removal

(b) Camp Ground Improvements-Ongoing

-dig a proper approach through the banks of the river
-build a dock
-prepare an area suitable for ball, soccer or volleyball.

(c) Building Improvements-Ongoing

-Re-sod the roofs of the cabins as necessary
-replace packing in the walls
-repair the ice house-remove dirt, put in supports
-build bedrooms and lounge area in the large cabin presently not in use.

(d) Building Construction-Ongoing

-Build a new log tool shed to house the generator, tools, etc.
-Build an extension on the rear of the main cabin that can be used for a toilet in warm weather and a storage area year round.

(e) Wood cutting-Ongoing

-locate and cut drywood along the different rivers
-raft the logs to the portage at camp and cut them into stove length
-transport the wood into camp by ski-doo and tobaggan after freese-up.
-split the wood and pile

(f) Fishing- ongoing

-Build drying racks for making dry fish
-Build a new smoke house
-setting nets, repairing nets, packing nets,
-have elders teach the preparation of dry fish
-package dry fish for sale.

(g) Hunting-as required

-travel into the Richardson Mountains to obtain caribou
-teach stalking, gutting, and dressing of game.

Week of August 3rd - 10th.

(h) Water Safety-RCMP /St. John's Ambulance/instructors

-teach proper loading and handling of boats and canoes
-use of floatation devices-legal/safety
-first aid techniques with emphasis on survival in the bush.

(i) Firearm Safety/Trapping methods/etc Wildlife

-proper use of firearms
-maintenance of firearms
-Humane trapping methods
-proper garbage disposal methods

(j) Equip Maintenance-Ongoing

-outboard motors
-chain saws
-boats & canoes
-tools

(k) Recreation-Ongoing

-ball
-soccer
-volleyball
-water ski
-pool/pinpong

(l) Alcohol & Drug Counselling-Staff of the AAAC, etc.

-Al-A-teen Monday evenings
-Group meetings Daily-involve elders
-A/V material Friday evenings
-peer counselling Ongoing
-One-on-one counselling as required

7. Evaluation

An evaluation of this pilot project will take place as directed by the NCGAP Project Coordinator.

8. Special ARDA Summer camp

Youth involved in this program will be spending a portion of their time at the Knute Lang camp. If current plans do not change, this should occur about the middle of August.

APPENDIX "B"

KNUTE LANG CAMP REFERRAL FORM

CLIENT NAME: _____ DATE OF BIRTH: _____

OME ADDRESS: _____ PHONE NUMBER: _____

TATUS: _____ DURATION: _____

HELATH CARE PLAN #: _____ REFERRAL DATE: _____

EFERRED BY: _____ TELEPHONE NUMBER: _____

PHYSICAL DESCRIPTION:

EYES _____ HAIR _____

COMPLEXION _____ RACIAL ORIGIN _____

WEIGHT _____ HEIGHT _____

LANGUAGES SPOKEN _____

PHOTOGRAPH ATTACHED ____YES ____NO

PARENTS/NEXT OF KIN:

NAME: _____ RELATIONSHIP: _____

NAME: _____ RELATIONSHIP: _____

SIGNIFICANT OTHERS (SIBLINGS, RELATIVES, FRIENDS)

- _____ - _____
- _____ - _____
- _____ - _____

EASON FOR REFERRAL: _____

_____

_____

_____

_____

URATION REQUESTED: _____

_____

BRIEF CLIENT PROFILE:

EDUCATION: _____

WORK EXPERIENCE: _____

BUSH EXPERIENCE: _____

ALCOHOL/DRUG CONCERNS: _____

MEDICAL CONCERNS: _____

LAST MEDICAL: _____ DENTAL: _____

EDUCATION: _____

BEHAVIOR: ATTITUDE TOWARDS CAMP _____

CONCERNS _____

EATING HABITS: _____

SPECIAL NEEDS: _____

SLEEPING CONCERNS: _____

LEGAL: (PROBATION, REMAND, Y.O.A., ETC.) _____

COMMUNITY ACCESS STATUS: _____

_____

LIABILITY RELEASE FORM ATTACHED ____YES ____NO

LIST OF CLOTHING: _____

_____

_____

_____

_____ _____

CLIENT/GUARDIAN SIGNATURE WITNESS

_____

TITLE